



Zesty Porcupine Meatballs



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce condensed tomato soup canned
- ☐ 1 eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup rice instant
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon onion salt

☐ 0.3 cup worcestershire sauce

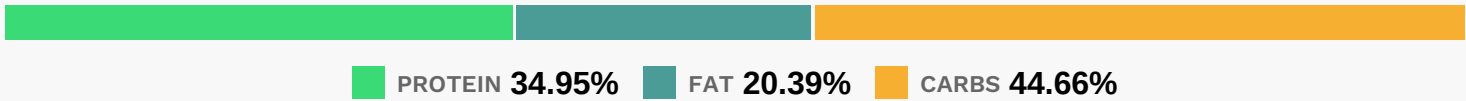
Equipment

☐ frying pan

Directions

- ☐ Lightly beat egg with a fork, then add a heaping tablespoon of the soup and mix lightly.
- ☐ Mix in rice, onion, parsley, onion salt and pepper. Stir in the ground beef and mix well with hands. Form mixture into 1 1/2 inch round meatballs.
- ☐ Coat a large skillet over medium heat with cooking spray. Cook meatballs and brown on all sides.
- ☐ Combine remaining soup with Worcestershire (you can increase or decrease Worcestershire to your liking), stir until smooth, then spoon over meatballs. Cover with lid and simmer for 20 to 30 minutes, stirring every few minutes.

Nutrition Facts



Properties

Glycemic Index:31.45, Glycemic Load:9.1, Inflammation Score:-5, Nutrition Score:13.729130361391%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 221.18kcal (11.06%), Fat: 4.99g (7.68%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.22g (8.44%), Sugar: 9.83g (10.92%), Cholesterol: 74.15mg (24.72%), Sodium: 980.87mg (42.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.49%), Vitamin B12: 1.76µg (29.31%), Zinc: 4.25mg (28.34%), Selenium: 19.71µg (28.16%), Potassium: 957.75mg (27.36%), Vitamin B3: 5.25mg (26.26%), Phosphorus: 213.89mg (21.39%), Vitamin B6: 0.42mg (20.88%), Vitamin C: 15.97mg (19.36%), Iron: 3.26mg (18.13%), Vitamin K: 14.72µg (14.02%), Manganese: 0.25mg (12.75%), Vitamin B2: 0.19mg (11.28%), Vitamin A: 503.62IU

(10.07%), Magnesium: 36.3mg (9.08%), Copper: 0.16mg (7.96%), Vitamin B5: 0.69mg (6.88%), Vitamin B1: 0.09mg (6.25%), Fiber: 1.37g (5.5%), Vitamin E: 0.66mg (4.39%), Calcium: 41.6mg (4.16%), Folate: 11.05µg (2.76%), Vitamin D: 0.22µg (1.48%)